

M 3am ▸ Style ▸ Cosmetic surgery

Non-surgical nose job: the 10-minute fix that saves going under the knife

What you need to know about the needle-based alternative to a surgical rhinoplasty

SHARE       COMMENTS

By **Zoe Cripps**
15:09, 1 FEB 2019 | UPDATED 15:19, 1 FEB 2019

CELEBS



(Image: Getty Images/Image Source)

Enter your email

[See our privacy notice](#) [More newsletters](#)

Procedures that give no down time, are less invasive than surgery and are quicker to perform, are increasingly on the rise in clinics across the UK.

And one of the most popular treatments is dermal fillers. These can be used for a number of cosmetic concerns - like thin lips, volume loss in the cheeks, and even to rejuvenate ageing skin on the hands. Fillers are also increasingly being used as an alternative to a surgical rhinoplasty in a treatment known as the 'non-surgical nose job'.

We spoke to Dr Sarah Shah from the [Artistry Clinic](#) in London, who specialises in this procedure, to find out just why it's now so sought after...

How does it work?

"It involves injecting small amounts of hyaluronic acid filler around the nose, which works to alter its shape and leaves you with a straighter and more symmetrical look," says Dr Sarah.

These fillers can be used in a few ways; to straighten curves or hooks or to fill in areas of the nose with dents. They can also be used to decrease the flare of nostrils, smooth contours, and raise the tip of the nose.



Before and after results of the non-surgical treatment

Is everyone a candidate?

It depends on the results you're hoping for and the changes you'd like to see. "If it's the shape of your nose, rather than its size, that you are unhappy with then non surgical dermal fillers could be the answer," Dr Sarah says. While the fillers are great for smoothing, evening and straightening - they won't make your nose any smaller. If you want a smaller nose, you probably won't find anything non-surgical worth your time or money.

Are the results immediate?

The whole process can take as little as 30 minutes (10 minutes for the fillers and 20 minutes for the numbing cream to kick in) and results can be seen straight away. "There may be a bit of swelling at first but after a few days you should be able to see the full results," says Dr Sarah.

Does it hurt?

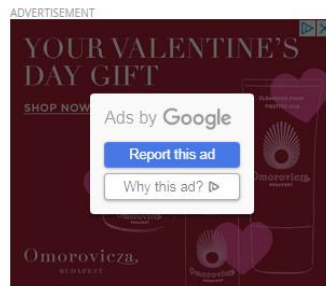
"Because of the topical anaesthesia (numbing cream) we apply, you should feel nothing more than a small amount of discomfort at most," Dr Sarah says.



(Image: Getty Images)

Will I need to take time off work after?

No, unlike with a surgical nose job which would take weeks to recover from, fillers have very few unsightly side effects. "You might experience some slight swelling, bruising or redness, but this can easily be covered with some make-up," Dr Sarah adds.



M READ MORE

► Can a non-surgical nip and tuck stop me feeling my age? One woman in her 50s finds out

How long do the results last and how much does it cost?

You may need to make a top-up appointment for a week or two after your initial treatment, in case you need a little more filler once any swelling has subsided, but usually results will last you around a year before you need to go back. Prices start at [£350 at the Artistry Clinic](#).

Beauty writer Zoe says : "I've never felt happy with my nose. I've always wanted a straighter, more contoured one. I've considered having it done surgically many, many times but the money and the down time always put me off."

"I tried the non-surgical alternative, which didn't promise to make my nose any smaller, but make it appear smoother and more lifted. And it did. Dr Sarah used the filler to give my nose a more defined tip and make the bridge of my nose straighter. I'm relieved that there was a relatively painless fix for me, that didn't mean I had to suffer through weeks of recovery. It may seem like a small (and arguably vain), problem to have but I can honestly say the treatment has boosted my confidence."

<https://www.mirror.co.uk/3am/style/3am-fashion-celebrity-beauty/non-surgical-nose-job-10-13938887>